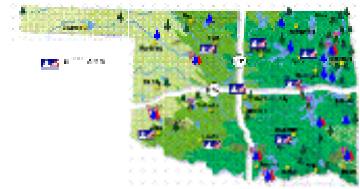




SATURDAY, SEPTEMBER 6th
LAKE HEFNER – STARS & STRIPES PARK
Celebrating life thru philanthropy, fitness, and fun!
2 Mile Run/Walk
5K Competitive Run 10K Competitive Run



Designed to benefit all 8 CFCs in Oklahoma

All Federal employees and their families are invited to participate!
Proceeds from the Race for Freedom will benefit the Combined Federal Campaigns (CFCs) in Oklahoma. The money raised through CFC provides support to over 1,500 non-profit agencies. These agencies provide relief for hungry children, support for families in need of counseling, developing cures for various diseases, comfort for the dying, environmental protection, and better lives and renewed hope for million of people.

Agency Fair

Some of the non-profit agencies that participate in CFC will have booths at the race. Participants and supporters can talk with these agencies to find out more about the services that these agencies provide to the community.

Awards

There will be an awards ceremony at the Stars and Stripes Pavilion immediately following the race at approximately 10:30 a.m. **Awards will only be given for the 5K and 10K competitive runs.** Trophies will be awarded to the 1st, 2nd, and 3rd place overall winners for both men and women in the 5k and 10K competitive events. In addition, medals for the 5K and 10K competitive events will be awarded to 1st, 2nd, and 3rd place for men and women based upon the following age divisions:

AGE DIVISIONS			
12 & Under	25 – 29	45 – 49	65 – 69
13 – 14	30 – 34	50 – 54	70 – 74
15 – 19	35 – 39	55 – 59	75 – 79
20 – 24	40 – 44	60 – 64	80 – 99

Registration

You can register with the attached registration form or you can register on line at this link: https://www.signmeupsports.com/Events/Index_Events.asp?EventID=20320 or find a printable form on the FEB's website: www.oklahoma.feb.gov/Docsandpdfs/2003CFCRun.pdf
Be sure to identify with which federal agency you are affiliated (employed, related to an employee, etc.) to ensure your participation is recorded. This will increase the share of proceeds that are distributed to the CFC in your area.

Parking

Parking will be available near Stars and Stripes Park. No traffic will be allowed into the pavilion area after 7:30 a.m.

Contact

If you have questions regarding this event, please contact Kim Dermody at (405) 954-7707.

Registration & Release Form

Mail Registration Form & Payment to: FAA - Race for Freedom Attn: Kim Dermody, AMP-10 P.O. Box 25082 Oklahoma City, OK 73125	Register on-line at: https://www.signmeupsports.com/Events/Index_Events.asp?EventID=20320 *There is a 5.5% additional charge for on-line registration.
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Event entered (Check one): ☐ 2 Mile Run/Walk ☐ 5K Run ☐ 10K Run

Sex: ☐ Male ☐ Female

Age (on 9-6-03): _____

Last Name: _____

First Name: _____

Address: _____

City: _____ State: _____ Zip Code: _____

Day Phone: (____) _____

Night Phone: (____) _____

E-mail: _____

T-Shirt Size (Adult M, L, XL, XXL) (Medium & XXL size limited available on first come basis): _____

I am a federal agency employee/contractor or affiliated with a federal agency (please specify Agency & City): _____

Entry Fee: (Make checks Payable to the Combined Federal Campaign)

[] \$15 thru September 2nd [] \$20 September 3rd – 6th

Waiver: I know that walking/running a road race is a potentially hazardous activity. I should not enter unless I am medically able and properly trained. I also know that there will be a possibility of traffic on the course. I assume the risk of walking/running in traffic. I also assume any and all other risks associated with entering this event including, but not limited to, falls, contact with other participants, the effects of the weather and the conditions of the roads, all such risks being known and appreciated by me. Furthermore, I agree to yield to all emergency vehicles. **I am also fully aware that baby strollers and wheels of any kind (except wheelchairs for physically disabled individuals), animals, and headphones are strictly prohibited, and I agree not to have them on the course. Furthermore, I agree not to go back onto the course after finishing. I am fully aware that it is a fraudulent act to switch race numbers with anyone or allow anyone other than myself to wear my race number, and I agree not to do this.** Knowing these facts, and in consideration of your accepting my entry, I hereby for myself, my heirs, executors, administrators or anyone else who might claim on my behalf covenant not to sue, and waive and release and discharge any and all race sponsors, race officials, volunteers, local and state police including any and all of their agents, employees, assigns or anyone acting for or on their behalf from any and all damages or liability for death, personal injury or property damage of any kind or nature whatsoever arising out of, or in the course of, my participating in this event, whether same be caused by negligence or fault. This release and waiver extends to all claims of every kind or nature whatsoever, foreseen or unforeseen, known or unknown. The undersigned grants permission to sponsors and or agents authorized by them to use any photos, video tapes, motion pictures, or any other record of this event for any purpose. Minors accepted only with a parent or guardian's signature. I understand that there are no refunds.

THIS WAIVER IS A LEGAL DOCUMENT. READ ALL TERMS AND CONDITIONS BEFORE SIGNING.

Signature: _____ Date: _____

Parent's Signature if under 18 years: _____ Date: _____